SOULFUL SONGBIRD

ENGLISH SINGING INGÉNUE LIANNE LA HAVAS WOWS WITH HER REFRESHINGLY ORIGINAL SOUND PAGE 11

Steve Dawkins
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Monday, September 17, 2012

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CAMPUS RUNS FOR TERRY FOX

Western University students Kieran McDonald, left, and Steph Regimbal, both 21, organized Sunday's Terry Fox Run on campus. More than 1,000 students participated in the event. The fundraising campaign continues through the end of September. More coverage on page 4. AMANDA GRANT/FOR METRO

Fire a call to action: Councillor

Former McCormick's factory. Suspected arson being investigated

Evacuation

Some residents were evacuated during Saturday's blaze at the McCormick's building.

Ward 4 Coun. Stephen Orser plans to bring an emergency motion to council Tuesday that, if approved, would see administrators bypass city procedure as it relates to accepting development proposals for the old McCormick's factory.

For months, Orser has been pushing to see the 1156 Dundas St. building marketed to developers as soon as possible. His new call for a rush comes as a Saturday fire at the abandoned candy plant is being investigated as an arson.

The factory has been empty since 2008, and the city is owed about $744,000 in back property taxes. The site didn't attract a buyer when it was put on the auction block for that amount in July.

Per a city bylaw outlining what must happen after failed tax sales, an environmental assessment — possibly two depending on what the first one finds — must be done before a request for development proposals can be issued.

Orser doesn't want to wait for all that to happen before moving forward.

"We could have had a great construction project and a secure site, but this is what we have instead," he said Sunday, about the fire-damaged building. "It's time to move forward with development in order to make the McCormick site safe for the neighbourhood."

The councillor has said three parties are interested in rehabbing the building.

"I had one group contact me (Sunday) that said they were still interested in purchasing the building," Orser said.

Fire crews were called to the factory late Saturday afternoon, battling the blaze for close to 12 hours. They returned Sunday to douse hot spots.

A damage assessment has not been completed, fire officials said. AMANDA GRANT/FOR METRO

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Londoners react

How does the NHL lockout affect you?

The NHL has officially locked out players for the 2012-13 season after owners and players failed to reach a new collective bargaining agreement.

Fans will have to live without pro hockey until a deal is signed, finding alternatives to spending time with their favourite teams and players.

Metro asked Londoners how the lockout affects them, and what they'll do with all that extra free time now that games have been iced.

Here is what some people said:

"An NHL lockout means I will have more time to watch football. Go Steelers!"
Jesse DeFrance, 26, London

"It's a Canadian sport. I am going to miss my Leafs. I don't know what I will do. I am disappointed for the players."
Jennifer Skochimski, 38, London

"The lockout is absolute garbage. Both sides need to be flexible. This year I will be watching the Knights instead of the NHL. Last time there was a lockout, the Knights won the Memorial Cup. I am hoping that happens again this year." Darren Snow, 27, London

"I am really going to miss going to the games and seeing my favourite players."
Sarah Daloisio, 18, London

"I am definitely going to be watching more junior hockey on TV." Jasmine Farmer, 18, London

ANDREW SERCOMBE/FOR METRO

FOR MORE NHL LOCKOUT COVERAGE, SEE PAGE 20

Taylor Barnes, 16, of London, gives the Western Fair's deep-fried Wagon Wheel a try as the event winds down Sunday afternoon. The cart pumping out fried food dreamed up through a social-media campaign was one of the new ways fair organizers tried to engage the public this year. AMANDA GRANT/FOR METRO

'Great feedback,' nice weather mark end of Western Fair

Curtain comes down. Officials holding off until Tuesday to announce whether or not attendance rebounded this year

AMANDA GRANT
london@metronews.ca

People hoping to ride the Zipper and gobble down one last corn dog made their way to the Western Fair on Sunday.

The crowds ushered out a two-week festival that pulled out a lot of stops, including free parking, in hopes of boosting attendance. Officials are expected to announce Tuesday how well the new approaches worked.

There's been "great feedback" and "beautiful weather" throughout the event, said Heather Blackwell, the fair district's director of corporate affairs.

Response was strong, she said, to the fair's new social-media campaign. Organizers embraced the digital age this year, encouraging visitors to blog, tweet and make Facebook posts about their experiences.

A digital approach

- The Western Fair's online campaign included the Real Serious Fun Blog, giving lucky London bloggers all-access passes to the fair.

"It's a new way to engage people, and hundreds of people responded," Blackwell said.

One online campaign asked Londoners what they would most like to see battered and deep-fried. The effort led to a new food wagon serving up people's top picks, including crispy Wagon Wheels, fried butter tarts and the "yolo" — a spicy sausage stuffed with nacho cheese deep-fried, put in a bun and smothered with jalapeños peppers.

Lines for the signature eats snaked through the fairgrounds throughout the event.

"The yolo was my favourite," Blackwell said. "I like spice and I had to try it. As the name suggests, you only live once."

A team from London advertising agency Surge Communications walks down Wellington Street during Sunday's Walk a Mile in Her Shoes fundraiser. ANGELA MULLINS/METRO

Fundraiser. Lending a helping foot in style

No, it wasn't London's take on Fashion Week.

The horde of men trekking around Victoria Park in red pumps Sunday were walking for charity.

About 150 men donned high heels for the Walk a Mile in Her Shoes fundraiser to benefit Women's Community House, which provides support to abused women and their children.

The event aimed to raise $60,000 for the non-profit. About $200,000 has been raised since the walk started in 2007. ANGELA MULLINS/METRO

1 NEWS

Mobile news

Qriket

When mama bear's away, the cubs'll play. Scan the code to watch the hijinks three cubs get themselves into after they invade a backyard park.

Top 25. London home to two of country's 'most influential' women

Londoners Bonnie Schmidt and Carol Stephenson have been named to Women of Influence magazine's list of the Top 25 most influential women in Canada.

Schmidt is president and founder of Let's Talk Science and Stephenson is dean of the Richard Ivey School of Business at Western University.

The annual list recognizes women in five sectors, including business and non-governmental organizations.

Winners will be profiled in the winter issue of Women of Influence. People can vote through Sept. 24 at womenofinfluence.ca/top25-vote for who should be featured on the magazine's cover.

Left: Bonnie Schmidt. Right: Carol Stephenson. CONTRIBUTED

METRO

Ministry of Health. EMS funding 'shortfall' sorted

The provincial government has remedied what was predicted to be a funding shortfall for Middlesex-London EMS.

Ontario's Ministry of Health has agreed to pay out $415,000 to London and Middlesex County for ambulance service as part of a 50-50 funding agreement.

Local EMS officials said last month that provincial funding was being unexpectedly slashed. The problem was later blamed on a mix-up with county budget information submitted to the Health Ministry last spring.

Middlesex-London EMS had warned if funding wasn't restored, it could result in decreased service, higher bills for taxpayers or money being pulled from reserves.

AM980/AM980.CA

City hall. Hire One leaps from concept to reality

The city will officially launch its Hire One effort on Tuesday.

Led by Coun. Paul Hubert, the project will include a variety of initiatives, one of which will shine a light on small businesses that are hiring in the city.

Businesses are asked to visit hireonelondon.ca and make a report when they've hired one or more employees. Hubert hopes seeing the number of new hires grow can help promote a more optimistic attitude about the economy.

"We want to keep track of the success of our city," Hubert says.

Paul Hubert METRO FILE

The website also will be used to promote government programs that help businesses recruit and train new employees. AM980/AM980.CA

Alzheimer's

Fundraiser kickoff to feature Knights, burgers

The Alzheimer Society of London and Middlesex will kick off its annual Coffee Break fundraisers from 8 a.m. to 2 p.m. Tuesday at One London Place (255 Queens Ave.).

The event will include a barbecue lunch from The Works and a meet-and-greet with the London Knights.

For details, visit alzheimerlondon.ca.

METRO

Kidnapping, robbery

Third suspect nabbed in lengthy investigation: Cops

Police have charged a 23-year-old Brampton man in a year-old kidnapping and robbery investigation.

Lorenzo Bartley is the third person arrested in the case stemming from the Baker Street incident during which police said a man was held captive in an apartment while another was assaulted.

An adjacent home was also robbed, police said.

METRO

Big smiles from hockey star Hayley

Hockey's Hayley Wickenheiser, left, poses for a photo Sunday with Hannah Vickers, 11, of London, at Western University. Wickenheiser took time for a meet-and-greet with fans after her University of Calgary Dinos took on the Western University women's hockey team. The Dinos won 3-0, led by Wickenheiser who scored in the first period. Hundreds of people lined up to meet her after the game. ANDREW SERCOMBE/FOR METRO

Londoners pound the pavement for Terry Fox

Cancer research. Large contingent of Western University students, alumni help carry on Marathon of Hope's legacy

AMANDA GRANT
london@metronews.ca

As people flooded into Springbank Park for London's main Terry Fox run, more than 1,000 stepped off a starting line Sunday at Western University.

Students and alumni alike — dressed in purple and white — showed their Mustangs spirit and carried on the mission of Fox's Marathon of Hope.

Bre Russell, 24, of London, was marking her 10th run in Fox's memory.

"I am super inspired by Terry," Russell said. "Like lots of people, cancer is something I've had to deal with in my family, and to come together and be a part of this event is incredible."

Western's run is the largest on-campus Terry Fox event in Canada. Last year, the university raised $105,000 for the cause.

Organizers hope this year's tally will meet, or surpass, that total. Donations will be accepted through Sept. 30.

"Terry's story inspires us, and we want to do what we can to honour that," said student Kieran McDonald, 21, of Ottawa, one of the event coordinators.

Eighty-four cents of every dollar raised for the Terry Fox Foundation goes directly toward cancer research.

Organizers of the Springbank Park run had tallied more than $107,000 by Sunday evening. The number's expected to grow to about $130,000 as donations trickle in over the next couple of weeks, they said.

A look back

- This year marks the 32nd anniversary of the first Terry Fox Run, held on Sept. 13, 1981.
- To date, more than $600 million has been raised for cancer research worldwide in Terry Fox's name.

Krystal Kuhn, 26, of Kitchener sports her Luigi costume.
ANDREW SERCOMBE/FOR METRO

Expo showcases gaming community

The first of its kind in London, Sunday's Project Play offered video game fans the opportunity to stay in the Forest City, rather than leave the city for a gaming convention.

The event at Fanshawe College featured a cosplay competition, a digital art gallery, an anime area, networked gaming competitions, organized tournaments and beta testing of new video games.

"I go to these conventions all over Ontario. Its great to finally have one in London," said Heather Reffle, 17, of London.

Quoted

"We couldn't have asked for a better crowd."

Jon Pilon, Big Viking Games

Among the crowd were London-based game developers Digital Extremes, Big Viking Games and Big Blue Bubble.

"The convention has been packed. We couldn't have asked for a better crowd," said Jon Pilon of Big Viking Games.

The event attracted gamers of every age from across Ontario, prompting Krystal Kuhn's first visit to London.

"Too often I have to go to Toronto for game expos and cosplay contests," said Kuhn, 26, of Kitchener. "Here, I have really enjoyed the city and the number of different games and genres represented."

ANDREW SERCOMBE/FOR METRO

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Canadians cough up about $375K to fly Magnotta home

Final figures. The total bill for the extradition will be confirmed in coming weeks, says Department of National Defence

Luka Rocco Magnotta is taken by police from a Canadian military plane to a waiting van on June 18, in Mirabel, Que.
THE CANADIAN PRESS/HO/MONTREAL POLICE

The cost to Canadian taxpayers for Luka Rocco Magnotta's extradition from Germany, aboard a government plane fit for the prime minister, is expected to be about $375,000.

The estimated price tag for the accused killer's unusual journey home includes flight expenses, catering service and a hotel stay for authorities who fetched the fugitive from across the Atlantic, according to federal documents obtained by The Canadian Press.

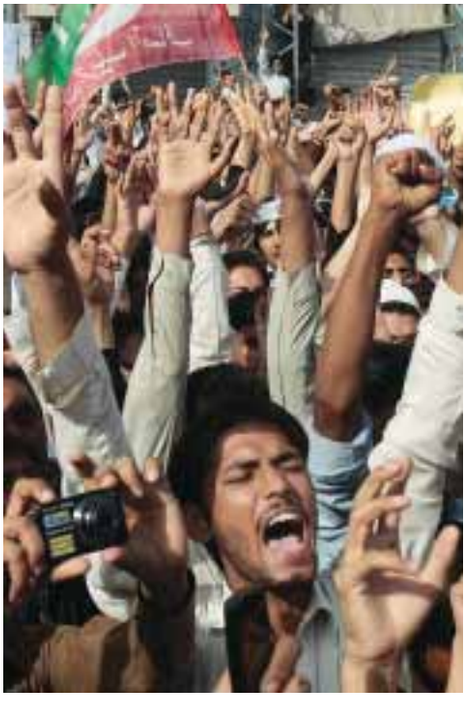
Berlin police arrested Magnotta in early June to end an international manhunt following the killing and dismemberment of Chinese national Jun Lin.

Magnotta is facing several charges in connection with the gruesome slaying, including first-degree murder. The 30-year-old porn actor and stripper has pleaded not guilty to all counts. The chilling details of the crimes he's accused of caught media attention around the world. The circumstances of his return to Canadian soil also raised eyebrows.

Magnotta flew home aboard one of the military's CC-150 Polaris Airbus transport planes, an aircraft that can be configured to accommodate prominent passengers such as the prime minister, foreign dignitaries, the Governor General and members of the Royal Family.

The flights, from an Alberta military base to Germany and back to Canada, spanned 23.9 hours at an estimated rate of $15,505 per hour — for a total cost of $370,570.

The rate is an estimate including maintenance, hangar fees, crew salaries and fuel, which makes up $6,420 of the hourly cost, according to the Department of National Defence. The hotel cost for eight crew members in Berlin was expected to come to nearly $1,300, while the catering total was approximately $3,500. The tally does not include costs assumed by other Canadian police forces involved in the extradition. THE CANADIAN PRESS



Chanting for justice

Supporters of a Pakistani Tehreek-e-Insaf or Movement for Justice chant slogans in Peshawar, Pakistan, on Sunday as part of widespread anger across the Muslim world about a film ridiculing Islam's prophet Muhammad. Canada closed three of its Middle East embassies for the day Sunday because of continued security concerns. MUHAMMAD SAJJAD/THE ASSOCIATED PRESS

Harris-Decima survey

Conservatives back on track: Poll

A quiet summer has given Prime Minister Stephen Harper's Conservatives some breathing room as they head Monday into what could be an acrimonious fall sitting of Parliament.

A new poll gives the governing party a seven-point lead over the Opposition New Democrats — a cushion they may need if a second omnibus budget implementation bill sparks the same public backlash and parliamentary warfare its predecessor did last spring.

The Canadian Press Harris-Decima survey put Conservative support at 34 per cent of respondents, the NDP at 27, the Liberals at 24 and the Greens at seven. The results suggest Canadians may be slowly returning to "more traditional patterns of voting behaviour," said Harris-Decima chairman Allan Gregg.

Until now, New Democrats had been running neck and neck with — or even slightly ahead of — the ruling party.
THE CANADIAN PRESS

Zimbabwe's PM warned by court about bigamy

Tribal laws. Tsvangirai marries Saturday, but doesn't sign marriage register after court rules he's still married to another woman

Zimbabwean Prime Minister Morgan Tsvangirai is pictured with Elizabeth Macheka during a wedding ceremony in Harare, Saturday. TSVANGIRAI MUKWAZHI/THE ASSOCIATED PRESS

Zimbabwe's prime minister said at his marriage ceremony Saturday that he had to date several women to find the one he truly loves.

Prime Minister Morgan Tsvangirai dismissed as propaganda the reports by the state media that say his private life is irresponsible.

A Zimbabwe magistrate ruled on Friday that Tsvangirai could not go ahead with a formal wedding after a jilted ex-lover filed a suit against him claiming the two were still married under Zimbabwe's tribal laws. The court held that Tsvangirai paid a traditional bride price for the woman last year and therefore was married to her.

The magistrate cautioned Tsvangirai that if he signed a legal marriage register with his new wife he could be prosecuted for bigamy.

Tsvangirai, 60, and Elizabeth Macheka, 35, exchanged vows but did not sign the register. Tsvangirai said that he had not made errors in seeing women since his wife of 31 years, Susan, 50, died in 2009. THE ASSOCIATED PRESS

Jumping with precision

A member of a Russian traditional riding club jumps over his friend during the 200th anniversary festival of the Battle of Borodino in 1812. It was the largest and bloodiest single-day action in the French invasion of Russia. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Elysee Palace 'renter'

'The people are the landlords' : Hollande

French President Francois Hollande and his partner welcomed visitors to their "rented" home: the sumptuous Elysee Palace on Sunday.

Hollande and Valerie Trierweiler shook hands and signed autographs for crowds lining up to see the 18th-century mansion during France's annual open house festival when the doors to historical landmarks are opened. Hollande called himself "only a renter."

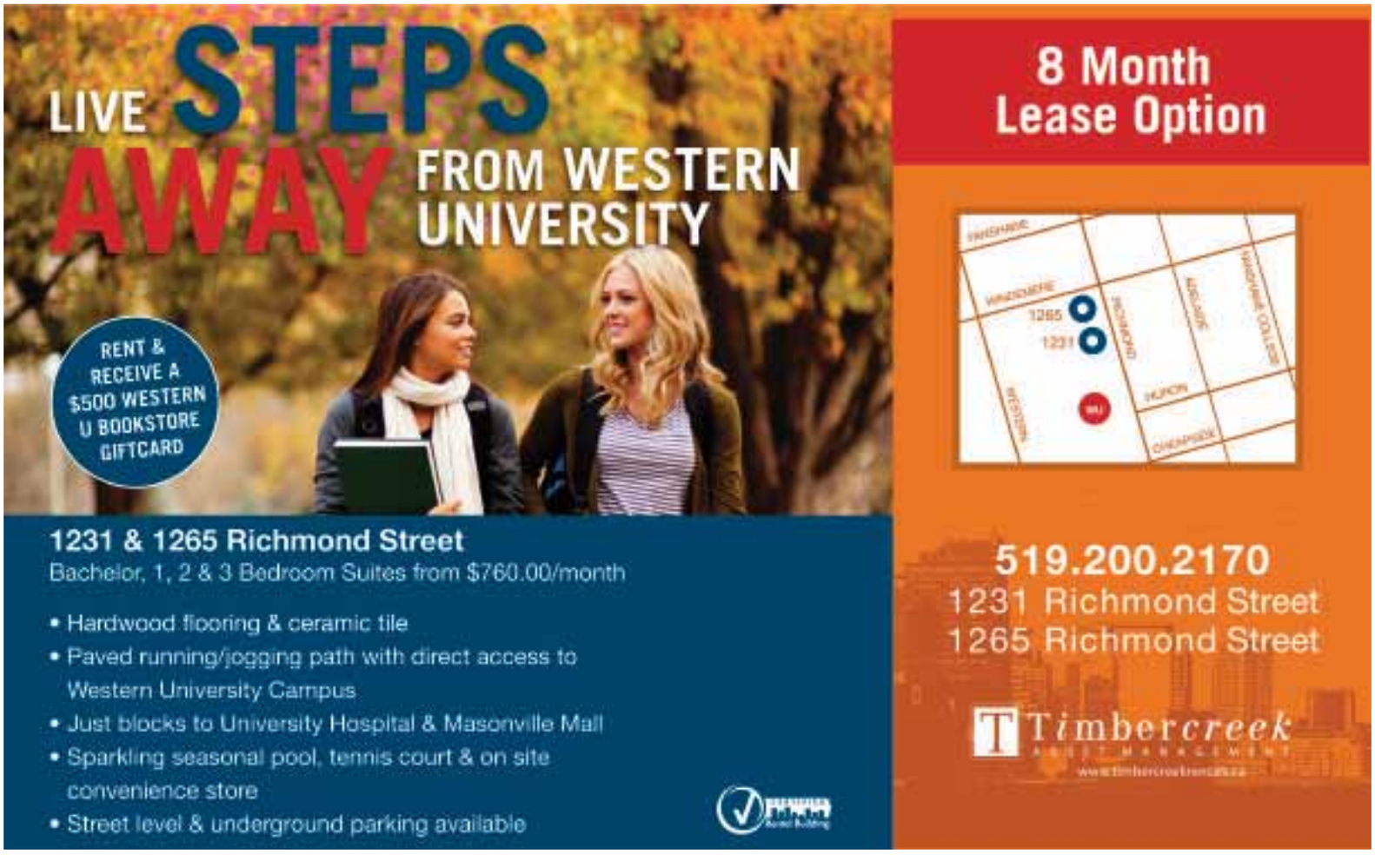
THE ASSOCIATED PRESS

Public warning

Scammer tried to improve sightlines

Some residents in West Vancouver have been receiving letters on city letterhead warning them to cut trees to nine metres or risk a fine. Police say the letter is a fraud and should be ignored.

METRO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On its anniversary, Occupy Wall Street struggles to define itself

Sept. 17 celebrations.
What started as protest against corporate greed became protest against 'every social ill'

Loose affiliation

- The community that took shape in Zuccotti Park still exists, albeit in a far less cohesive form. Occupiers mostly keep in touch through a smattering of websites and social networks.
- Meetings are generally only convened to organize around specific events, like the much-hyped May Day event that ultimately fizzled last spring.

The Raging Grannies, an Occupy Wall Street music group, sing a song in New York City's Foley Square on Sunday, on the eve of the one-year anniversary of the start of their movement. ANDREW BURTON/GETTY IMAGES

Occupy Wall Street began to disintegrate in rapid fashion last winter, when the weekly meetings in New York City devolved into a spectacle of fist fights and vicious arguments.

Punches were thrown and objects were hurled at moderators' heads. Protesters accused each other of being patriarchal and racist and domineering. Nobody could agree on anything and nobody was in charge. The moderators went on strike and refused to show up, followed in quick succession by the people who kept the meeting minutes. And then the meetings stopped altogether.

In the city where the movement was born, Occupy was falling apart. "We weren't talking about real things at that point," says Pete Dutro, a tattoo artist who used to manage Occupy's finances but became disillusioned by the infighting and walked away months ago. "We were talking about each other."

The trouble with Occupy Wall Street, a year after it bloomed in a granite park in lower Manhattan and spread across the globe, is that nobody really knows what it is anymore.

On Monday, protesters will converge near the New York Stock Exchange to celebrate Occupy's anniversary, marking the day they began camping out in Zuccotti Park in lower Manhattan's financial district. Marches and rallies in more than 30 cities around the world will commemorate the day.

About 300 people observing the anniversary marched Saturday, and at least a dozen were arrested, mostly on charges of disorderly conduct, police said.

But the movement is now a shadow of its mighty infancy, when a group of young people harnessed the power of a disillusioned nation and took to the streets chanting about corporate greed and inequality.

Back then it was a rallying cry, a force to be reckoned with. But as the encampments were broken up and protesters lost a gathering place, Occupy in turn lost its ability to organize.

The movement had grown too large too quickly. Without leaders or specific demands, what started as a protest against income inequality turned into an amorphous protest against everything wrong with the world. "We were there to occupy Wall Street," Dutro says. "Not to talk about every social ill that we have."

THE ASSOCIATED PRESS

Twitter hands over records in Occupy Wall Street case

Twitter on Friday agreed to hand over about three months' worth of tweets to a judge overseeing the criminal trial of an Occupy Wall Street protester, a case that has become a closely watched fight over how much access law enforcement agencies should have to material posted on social networks.

The social networking site had been threatened with steep fines if it did not comply with Judge Matthew Sciarrino Jr.'s order to turn over the records in the case of Malcolm Harris.

But the judge said he would keep the records sealed until after a Sept. 21 hearing challenging his ruling on the messages.

Twitter's lawyer, Terryl Brown, called the options it faced — waiving its right to appeal or being held in contempt of court — "unfair" and "unjust," though ultimately Brown handed over a thick white envelope full of Harris' information.

"We are disappointed that Twitter is essentially giving up the fight," Harris' attorney Martin Stolar said after the court hearing.

Quoted

"We are disappointed that Twitter is essentially giving up the fight."
Martin Stolar, attorney for protester Malcolm Harris

The Manhattan district attorney's office said Harris' messages could show whether he was aware of the police orders he's charged with disregarding during a protest at the Brooklyn Bridge.

The case began as one of hundreds of disorderly conduct prosecutions after an Oct. 1 march in New York that brought the Occupy protest movement its first burst of worldwide attention.

THE ASSOCIATED PRESS

Labour negotiations

CAW will focus on talks with Ford

The head of the Canadian Auto Workers says the union will focus its negotiations with the Big Three automakers on reaching a deal with Ford. Ken Lewenza says Ford has shown the most willingness to reach a new contract and the union will work around the clock to achieve that. The CAW has threatened strike action if there is no deal by late Monday night.

THE CANADIAN PRESS

Foreign investment

Rallies denounce India's decision to open retail market

Angry Indian opposition parties protested on Saturday against the government's decision to open the country's huge retail market to foreign retailers.

The government's surprise announcement Friday that it will allow foreign investment in retail and aviation and the sale of minority stakes in four state-run companies evoked sharp criticism.

THE ASSOCIATED PRESS

Berkshire Hathaway

Buffett's radiation treatments over

Warren Buffett says he's finished his radiation treatments for prostate cancer. The billionaire investor and chairman and CEO of investment firm Berkshire Hathaway Inc. broke the news Friday while speaking to a group of executives from newspapers he owns. "It's a great day for me. Today I had my 44th and last day of radiation," he said, according to the Berkshire-owned Omaha World-Herald.

Warren Buffett THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Employee defections

Zynga countersues Electronic Arts

Zynga Inc. is firing back at rival game maker Electronic Arts Inc. in a legal tussle that it says goes beyond who copied whose game. While saying EA's copyright infringement lawsuit filed last month has "no merit," Zynga on Friday filed a countersuit against EA for allegedly violating antitrust laws by trying to prevent its employees from defecting to Zynga. THE ASSOCIATED PRESS

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FUNDRAISER TO HELP THOSE BATTLING CANCER

URBAN COMPASS
Todd Devlin
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It wasn't an easy battle, but Bekka Demers has come through the other side — she's a cancer survivor.

Diagnosed with estrogen-positive breast cancer last December, the Londoner braved a mastectomy and chemotherapy treatments in her journey to recovery.

Now, she's in healing mode.

"My energy levels are slowly coming back up," Demers said. "Some side-effects from the chemo and radiation are still lingering, but every day I notice something better than the one before. Every day I'm grateful there is another day."

She'll share her story with a large audience Friday.

Believe with Bekka is the theme of this year's Little Black Dress Event, and Demers will speak about her hope and belief that she can now confidently call herself a survivor.

More than 600 people are expected to attend the sixth annual semi-formal event at the London Music Hall (178 Dundas St.). Special musical performances are planned along with the Nova Vita Hair and Fashion Show and a live auction.

And the best part?

All proceeds will go toward Wellspring London and Region, a cancer support centre in the city. The Little Black Dress Event has raised more than $75,000 for the organization since 2007.

Demers can attest to the importance of support while battling cancer.

"You can't do everything on your own," she said. "It's OK to ask for help. It's OK to receive help. My amazing friends and family put on a couple of fundraisers to help me get through the difficult times. Giving me peace of mind about finances was so necessary during the journey."

That belief is one shared by Wellspring, which offers 20 different free programs and services to help restore the dignity and control often lost by those diagnosed with cancer. Services are available to patients and those who care for them.

Because Wellspring receives no core government funding, it relies on fundraisers like the Little Black Dress Event.

"Year after year, we're amazed by the level of dedication from our volunteers as well as the community in supporting this event," said Melissa Whittle, a managing partner of the event.

Wellspring can go a long way toward creating the sort of mentality that Demers carried with her through treatment.

"I went in with the mind frame of 'This is what I've got to do to get better,'" she said. "I did my best to stay focused on the end prize: My health, my future, my life. The journey has taught me so much, and I truly believe I've been so blessed."

Tickets for Friday's event are still available for $40. For more information, visit littleblackdressevent.ca.

'Amazing friends'

"It's OK to ask for help. It's OK to receive help. My amazing friends and family put on a couple of fundraisers to help me get through the difficult times. Giving me peace of mind about finances was so necessary during the journey."

Bekka Demers,
breast cancer survivor

Now you're just pulling my finger

MATTHIAS SCHRADER/THE ASSOCIATED PRESS PHOTOS

German championships

More than just twiddling thumbs

A Bavarian man pulls his opponent over the table during the German Finger Wrestling championships in Warngau, Germany, Sunday.

Competitors battled for the title in this traditional rural sport where the winner has to pull his opponent over the marked line on the table.

In the game — also known as Fingerhakeln — the competitors use nothing more than their fingers and a rubber strap to defeat their opponent.

THE ASSOCIATED PRESS

A judge adjusts the leather ring held by two competitors with their middle fingers at the German Finger Wrestling championships in Warngau, Germany, Sunday.

Lederhosen-clad men

- More than 150 men in Warngau took part.
- Legend has it that finger wrestling started as a way to settle arguments, Time magazine says.
- Bloody knuckles, stretched ligaments and tendons are all part of the competition, according to the magazine.
- The tug-of-war is now a regulated sport, with rules governing the size of the table and width of the leather band.

Parking-lot birth

How to obtain a lifetime supply of NASCAR tickets

A New Hampshire woman and her baby are doing fine after the woman gave birth in the New Hampshire Motor Speedway parking lot.

Shawna Arnold began going into labour Friday and she and her boyfriend began driving to a hospital. But when she realized she was about to give birth on the way, they made a pit stop at the racetrack parking lot in Loudon.

Arnold tells WMUR-TV that she and her boyfriend delivered the baby, named Katie, in their car. An EMT at the track then came to help, and the couple and the baby were taken to a hospital.

Speedway general manager Jerry Gappens has awarded the baby two tickets to NASCAR races for the rest of her life.

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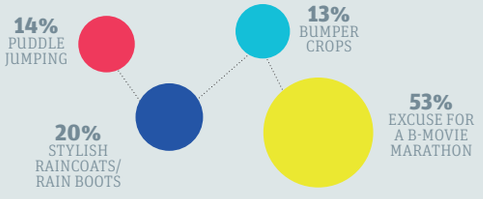

Twitter

@BHRaymond: Hockey season doesn't start for me until the day after the Super Bowl anyway. #nhl #nfl #lockout #nobiggie

@SudioC: Did my good deed for the day - answered the phone when saw it was my mother-in-law calling. Now back to kicking kittens.

@AndrewForgione: Good & Bad news. Bad news for hockey fans since the NHL lockout is official. Good news for leaf fans: they get another year to prepare..

@BlackWalnutBake: What a lovely day in #ldnont Enjoy the #patiolife while it lasts

@obsoleteisland: Live band playing MGMT's Kids at Concrete Beach. Way cool #uwo

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SCENE 2

Bad 25, directed by Spike Lee, features commentary from celebrities who were inspired by Michael Jackson, including Mariah Carey. HANDOUT

Spike Lee doc transcends the man in the mirror

Bad 25. Documentary puts spotlight on the undeniable talent and human side of Michael Jackson — behind the fame and chaos

LIZ BROWN
scene@metronews.ca

What do you do when you're the man behind the bestselling album in music history?

You vow that your next one will be even better, naturally.

Such is the pursuit of perfection that propelled — and plagued — Michael Jackson as he spent two years writing and composing Bad, his followup to 1982's Thriller.

In Spike Lee's documentary, Bad 25, we learn that in the Bad years, Jackson scrawled '100 million' on his bathroom mirror, so every morning as he brushed his teeth, he'd be reminded of his goal — sell 100 million records.

The album, released in 1987, ended up being a commercial and critical success, with around 40 million copies sold. But it never came close to the sales of Thriller, which rang in somewhere near the 100 million mark.

The failure to reach his 100 million goal wasn't for lack of effort on Jackson's part, though.

Bad 25 reveals the late-night dance sessions, the meticulous recordings and the almost pathological work ethic of a man who seemed to be chasing a near-impossible dream.

"Michael got his work ethic from his father," says Lee on Saturday at Toronto's Trump Hotel, dressed in a T-shirt sporting Michael Jackson's iconic Bad pose, just hours before the North American premiere of his documentary at TIFF.

"(Joe Jackson) had him singing and dancing from five, six years old. I'm not going to make a villain out of Joe Jackson. Many people do, but he got their asses out of Gary Indiana and his children didn't have to work at the steel mill that he slaved at. Something worked. He's not all bad."

But as anyone knows, getting out of Gary and becoming the world's biggest pop star didn't come without its struggles. As Jackson was promoting Bad and selling out venues around the world in a 16-month tour that set three world records, darkness was moving in on his star power.

The media became increasingly cruel as Jackson's behaviour became increasingly bizarre — there were tales of him sleeping in a hyperbaric chamber, his pet chimpanzee Bubbles, and rumours that he had tried to buy the Elephant Man's bones.

In the documentary, Jackson's choreographer and confidant Vince Patterson shares some advice he gave the superstar: Don't ever let a bully know they're hurting you.

It's a poignant moment when we are reminded that despite his fame and fortune, Jackson was human — a remarkably talented human — and that somewhere in the mess of scandals and rumours, the wonder of that talent got lost.

Bad 25 reminds us just how wondrous that talent was. Witness the lean in Smooth Criminal (don't hold your breath — this doc doesn't reveal the secret behind it), or the head-turning intro to The Way You Make Me Feel.

For Lee, Bad 25 is an ode to Jackson the performer; a tribute to an artist and friend he respected. "I try not to focus on the fact that he's not here, because the way I take it, Michael's not here in his physical form, but he's here in his spiritual form and his music is here," says Lee.

So bad it's good

The reissue of the Bad album, Bad 25, comes out on Tuesday.

- **Album.** Includes unreleased demos and a DVD of his performance at Wembley Stadium, attended by Prince Charles and Princess Diana.
- **Documentary.** Spike Lee's documentary Bad 25 will air on ABC on November 22.

All grown op

Weeds. As the cult hit ends, Mary-Louise Parker reflects on her controversial character

AMBER RAY
Metro New York

While eight seasons of Weeds came to a close last night, one lingering question regarding pot-selling mom Nancy Botwin remains: is she an indomitable provider for her family or the worst mother ever?

"I never want to resolve that," series creator Jenji Kohan says. "I mean, one of the main premises of Weeds is this gray area, that no one is black and white, that no one's the worst mother or the greatest mother, that everyone is a mess to a certain extent and you're not defined by how you're behaving on one specific day."

The woman who brought Nancy to life, actress Mary-Louise Parker, believes that realistic dichotomy — illegal endeavors aside, perhaps — is what has made the character so endearing. "She's guileless," Parker says. "She just continues to make the wrong choices. Her heart's usually in the right place, and she just can't be defeated, and she keeps trying. When I distill her into one thing, that's what I think about ... and what I like about her."

Mary-Louise Parker's role is so endearing because of a dichotomy. HANDOUT

On the web

Qriket

Star Trek actor George Takei unveils a musical inspired by time in Japanese internment camp.

UP TO 50% SAVINGS!

Lianne La Havas is one for the future. GETTY IMAGES

Lianne La Havas shows her love is Big Enough

New music. English entertainer arrives on the scene with a soul-folk sugar that is whip-smart and refreshingly honest

Quote

"It's quite easy to write about your pain but you should write about your happiness as well. It's just as strong a relationship."

Lianne La Havas
Talking about how she writes her songs.

EVE HYMAN
Metro World News

England spawns smart, lovely songbirds like Adele and Lily Allen and, its latest ingénue, Lianne La Havas.

The debut from the 23-year-old singer/songwriter, Is Your Love Big Enough? features jazz-soul production and haunting pipes. Comparisons to Norah Jones or Lauryn Hill are to be expected. But La Havas' style is remarkably original and uplifting.

"When I started playing the guitar, my songwriting changed," she says. "I started exploring different ways I could write songs."

Her look is Paris boudoir meets English country road. She is a retro vision seeped in Sade echoes and jazz guitar.

Songwriting has a through-the-looking-glass sort of poetry that keeps the listener hooked on every syllable so as not to miss a poignant turn of phrase.

"It's quite an eclectic record," the singer says. "There's an overall theme of love. The sounds are very electric-guitar led."

Guitar lines alternate from harp-like tinkles to rhythmic slide on songs like Empty and No Room For Doubt and bass-y riffs on the powerful Forget.

With lyrics that are both earnest and whip-smart, La Havas effortlessly weaves whimsical with wise. Even her blues sparkle. Dropping in on the artist's world is a pleasure, her Victorian neckline and cosy-chic side-bun package is a homespun musical treat.

"It's quite easy to write about your pain but you should write about your happiness as well," she explains. "It's just as strong a relationship."

The singer says the title track of her album features a different type of strong relationship.

"My single, Is Your Love Big Enough? is not about any of my boyfriends," she says, bucking the scorned woman trend. "It's written about a great time I had when I was in New York."

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Kristen 'poured her heart out'

Have Kristen Stewart and Robert Pattinson moved back in together?

"They pretty much decided they couldn't live without each other," a source tells Perez Hilton.

"Kristen poured her heart out to Robert and told him it was a one-off and a mistake. Rob sees it as Kristen made a really stupid mistake."

This conversation apparently took place on Reese Witherspoon's ranch — while Ryan Phillippe took notes hiding in a laundry basket. (Kidding Ry.)

Kristen Stewart

Diana Agron

Agron not very Glee-ful?

Where was Diana Agron, a.k.a. Quinn, on the Glee season premiere? Word is the cheerleader will be leaving the series earlier than expected.

"Dianna was unhappy and had been trying to get off the show for a while," an insider tells Us.

"She and producers came to an agreement where they let her go. That's what she wanted." A rep for the show and the network said the report was false.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nicki Minaj and Keith Urban join Idol

THE WORD
Dorothy Robinson
scene@metronews.ca

The new judges panel for the 12th season of American Idol was announced Sunday via a press release from Fox. Joining confirmed judges Mariah Carey and Randy Jackson will be the new additions of Nicki Minaj and Keith Urban.

"With the exciting addition of Mariah Carey, Keith Urban and Nicki Minaj, alongside Randy Jackson, American Idol's star power has never been so great," said Idol executive producer Simon Fuller in a boilerplate quote. Judging by other statements in the release — "We've put together one of the most exciting judging panels around," said Mike Darnell, president of alternative entertainment for Fox — you can tell the network honchos are feeling the heat from the other all-star panels at rival singing competitions such as The Voice and X-Factor, where Britney Spears is currently killing it as a judge.

What do you think of these new additions? As always, feel free to write in to let me know your opinion. As for this gossip columnist, I just hope Nicki Minaj's multiple personalities can make up for Urban's lack of one.

Kate Middleton ALL PHOTOS GETTY IMAGES

Royal lawyers: Block those nips!

Will the Italian media group Mondadori lose their shirts for publishing photos of Kate Middleton without hers on?

It certainly looks that way, with the Royal Family seeking damages from Mondadori, which is owned by former Italian premier Silvio Berlusconi.

Lawyers for the Royals are also going to court in France to try to stop further publication in that country of the now-infamous topless photos of Kate.

Meanwhile, YouPorn.com — a site that usually doesn't need publicity — has generated some by offering an "open checkbook" to procure the snaps.

It might just be me, but it's hard to find any sympathy for Middleton. When you know you are going to become the next Queen of England, it's time to put your topless sunbathing days behind you. Seems like a fair swap, right?

Lively-Reynolds wedding was super top-secret

Green Lantern co-stars Blake Lively and Ryan Reynolds married in secret last week, and People Magazine says you weren't the only one out of the loop. "Not even the people who baked the cake or the plantation owners had any idea," that the wedding was happening, says their senior writer.

Ryan Reynolds

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Mobile manners: Teach them etiquette, and take notes yourself

Teach your kids mobile manners early on. ISTOCK

Parenting. Back to school shopping often involves getting the latest cellphone. Too bad the instruction manuals don't include lessons on behaviour

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The new school year is well underway, and with it, a new learning challenge for parents: How to teach kids to use their cellphones.

Not just from a safety perspective (not texting or talking on a handheld device when driving, not walking across busy roads and texting, not giving away passwords, etc.), but from a "mobile manners" point of view as well.

It's important as role models that parents practice what they preach and adhere to the following rules themselves.

• Not texting or answering calls when in the middle of a conversation, unless you have advised the person you're speaking with you might have to do so at some point.

• No texting during mealtime. (First one to pick up their phone does the dishes!)

• Enforcing that you support the "no cellphone" rule in the classroom by not calling or texting your kids during the school day unless urgent.

• Not talking on a cellphone in quiet public places.

It's also important to research the coverage plan you want to purchase.

Examine the type of usage you expect your child to have (just texting and calling, no Internet access for younger kids) and speak to an independent dealer who can show you different carrier packages.

Unlimited plans are available, and a pre-paid option will easily keep the budget in line.

Depending on the age of the child and his earning ability, have him pay for the monthly usage to get an understanding of the expense.

And remember, even the "smartest" of phones can be simplified down to just texting and talking, depending on the plan you choose, so repurposing an old smartphone of your own is an option.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Cells by the numbers

According to a new study by President's Choice Services Inc., 48 per cent of Canadian parents with children aged 11 and older now let their kids carry a cellphone. The majority of Canadians (52 per cent) felt somewhere between the ages of 13 to 16 was an appropriate age to give a child a mobile device, compared to the 31 per cent of Canadians who felt that teens age 17 or older could better handle the responsibility of a cellphone. Approximately 10 per cent cited 9 to 12 as the right age bracket; while only one per cent felt children aged 6 to 8 should have their own mobile device.

Exclusively online

metronews.ca/voices

- **In style.** Why did Mommy's fashion sense go out the window with her abs? Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Head lice don't have to create a hairy situation

LINDA LABAN
Metro World News in Boston

Head lice isn't an aspect of parenting that anyone wants a part of, but it's so common that most end up dealing with it at some point.

"Lice are so prevalent, I've had to deal with it as a parent, too," says Boston-based pediatrician Dr. Nancy Kahn, a clinical instructor of pediatric medicine at Harvard Medical School.

"One study found that one in four elementary school kids gets them. They're so contagious, but they have to be transported by another vehicle. You get them from sharing scrunchies, a comb, brush or hat with someone who has them."

The big problem isn't killing the adult lice; it's detecting the eggs, called nits, and removing them to prevent further infection.

Nits stick like glue to the hair shaft. "The eggs are grayish-white," Kahn says. "If you see a white spot on the hair that can be flicked off, it isn't nits, it's dandruff or [lint]. If it's stuck on the hair, it's nits."

A study found that one in four elementary school kids get lice. ISTOCK

Treatment varies from over-the-counter shampoos and topical solutions, but "these contain pesticides, so there is the worry that you're putting pesticides on your child's head for several hours," Kahn says.

For a home remedy, try olive oil: "This basically suffocates them," she says.

Hair to help

- **LiceGuard.** In addition to pesticide-free shampoo, LiceGuard also makes the Robi Comb, an electronic comb that kills lice on contact. liceguard.com

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Lost in nursery design

Fans. Would you decorate your baby's room with TV memorabilia?

Is this the hatch? CONTRIBUTED BY THE JOAOS

MICHELLE CASTILLO
Metro World News

When Juan and Monica Joao found out they were expecting their first baby, they couldn't wait to decorate the nursery. Instead of the traditional baby blue or pink, these two TV and movie fanatics decided they wanted to pay homage to one of their favorite pastimes of collecting memorabilia.

After debating between a Lord of the Rings, Star Wars or Star Trek theme, the couple stumbled upon a polar bear at a local store.

"We said, 'This is the polar bear from LOST!'" Monica tells Metro World News.

But it wasn't until they found jungle style-trees that they decide to dedicate their son's room to the JJ Abrams-helmed show. Juan admitted the couple didn't start watching Lost until it had been on air for a few years, but they breezed through the first four seasons' mysteries in just one week.

The couple purchased items for the nursery from local stores, including using stickers of numbers to re-create the famous 4, 8, 15, 16, 23 and 42 "lucky" numbers on one of the shelves. They even created a separate jungle area with hanging plastic vines and fake grass, which Monica admitted is her favourite part. Besides the giant stuffed polar bear that rests under one of the trees, a fake crate adorned with the Dharma Initiative logo lies in the grass, waiting to be opened. A video of the room has gone viral.

Though die-hard fans of the show, Monica and Juan still debate whether or not they enjoyed the finale. Monica admitted she didn't like it so much, while Juan was pleased with the conclusion. But baby Paris — who is named after Paris in Troy not Paris Hilton, Monica is quick to emphasize — doesn't have an opinion yet.

"He must wait a few years," Monica said. "We think maybe 12. It's too soon. He's not going to understand it."

Weirdest baby births

MICHELLE CASTILLO
Metro World News

Hello cruel world. THINKSTOCK

Welcome baby EK to the world! The name might seem strange, but the circumstances of his birth are weirder.

According to Persian Gulf newspaper XPRESS, the baby was named after the flight code for Emirates airline after he was born en route on one of the company's flights from Dubai to Manila. His mother, was only 27 weeks pregnant. She reportedly felt some extreme pain and headed to the airplane bathroom. The next thing she knew, her baby boy was inside the toilet.

Thanks to four flight attendants and two nurses, the baby survived. The plane diverted to Vietnam, and the two were rushed to a local Ho Chi Minh hospital.

That's not the most surprising birth on record. Check out these other babies who couldn't wait to be born.

• Sonia Marina Nascimento may have entered the post office in Cambridgeshire, England looking to buy some minutes for her cell phone, but left with a package that weighed 5 lbs. 15 oz., according to the BBC. Nascimento went into labour at the post office and delivered before paramedics could arrive. The clerk on duty made sure to give baby girl Dulce an official weigh in on the scales.

• In order to avoid floods that were destroying her town in Mozambique, full term Carolina Chirindza climbed up a tree. The Irish Independent reported that for four days, she survived without food and water. When the helicopter finally rescued Chirindza, it also brought up baby Rosita. Her mother not only delivered her in the treetops but also held onto her so she wouldn't fall in the crocodile-infested waters.

• A couple that was part of the Occupy Wall Street protests had an unexpected member join its cause. When mother Mila Amie Economopoulos Jones went into labour, her husband and an organizer cut their Occupy meeting short and rushed her to the hospital in a cab, according to NBC New York. It was too late though: Jones gave birth in the backseat of the vehicle.

• An Indian woman named Bhuri Kalbi also gave birth on a toilet, but this time it was on a moving train. However, unlike airline toilets that store the waste in a tank, this train's toilet emptied out right onto the tracks, Reuters reported. The mother admitted she was so surprised by the birth that she didn't even notice her child had slipped. The train was stopped immediately, and luckily, the child was found on the pebbles next to the track uninjured.

• This last one isn't weird because of where the baby was born but how. In 2009, Mia Washington, of Texas, had twin boys, but each, a DNA test proved later, had a different father. Known as heteropaternal superfecundation, it happens rarely, and usually then when in vitro is involved. But Washington's pregnancy was natural, so to speak. We'll let you imagine how it happened.

Slow cook mouth-watering flavours of delectable paella

ROSE REISMAN
for more, visit
rosereisman.com

I love paella but I find it takes too long to cook, especially if I've just walked in the door and want something on the table in a hurry. The slow cooker is the perfect solution. All you have to do is add the seafood 30 minutes before you're ready to eat.

1. Cube chicken and dust with flour. Lightly coat a large, nonstick skillet with cooking spray and set over medium-high heat. Add the oil. Brown the chicken on all sides, for about 3 minutes or just until cooked. Remove from the pan and set aside.

2. Again lightly coat the pan with cooking spray. Add the sausage and cook over medium-high heat for 5 minutes or until cooked through. Remove from the pan with a slotted spoon, draining as much of the fat as possible. Set aside.

3. Wipe out pan and respray. Cook onion and garlic over medium-high heat 4 minutes or until softened. Stir in peppers and cook 3 minutes. Stir in the rice and cook for 1 minute. Add the chicken, sausage, chicken stock, tomatoes, basil, oregano, bay leaf, saffron (if using), salt and pepper. Bring to a boil.

4. Place everything in slow cooker and cook on high setting 3 hours or on low setting for 5 hours. Add shrimp and mussels during last 30 minutes if slow cooker is on the high setting, or during last 60 minutes if on low. Serve garnished with parsley. **ROSE REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)**

This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)

Ingredients

- 12 oz skinless boneless chicken breasts
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 6 oz mild Italian sausage, cut into 1/2-inch pieces
- 1 cup chopped onion
- 2 tsp finely chopped garlic
- 1 cup chopped red and green bell pepper
- 1 cup brown rice
- 3 cups chicken stock
- 3 cups chopped plum tomatoes
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- 1/2 tsp crumbled saffron threads (optional)
- pinch of salt and pepper
- 8 oz raw shrimp, peeled and deveined
- 12 mussels, scrubbed and debearded
- 1/4 cup chopped parsley

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When you find a chip that sounds healthy, check the method with which it's made because that's where a lot of the calories and fat hide.

Terra Chips (50 g) and spinach dip (2 tbsp)

420 calories/ 34 g fat
Root vegetables made into chips sounds healthier than regular potato chips. But deep frying still multiplies calories and fat.

Equivalent

Fifty grams of Terra Chips with two tablespoons of spinach dip is equal in fat to an entire McCain's thin crust whole-wheat pizza with marinated tomato and chicken.

Pop Chips (50 g) and salsa (2 tbsp)

218 calories/ 7 g fat
These chips are much lower in calories and fat. They are popped rather than fried or baked.

Comfort food reaches a whole new level. Pulled Chicken and Hominy Stew

Hominy is one of those foods you might think you've never tried, yet almost certainly have. Or at least a close relative of it.

Hominy is the name given to whole corn kernels, usually white, that have been cooked in a lye or lime solution to remove their thick hulls. The result is a tender, somewhat bulbous kernel with a chewy texture and a clean, corn flavour.

In Latin America, they're used most often in soups and stews, such as pozole, a highly seasoned stew of hominy, pork and chili peppers. The Southern staple known as grits follows a similar path. In this case, the hominy is dried after processing, then coarsely ground. The resulting meal then is cooked with water to a porridge-like consistency.

Here, it's used to make Pulled Chicken and Hominy Stew.

1. In saucepan over medium-high heat, warm oil. Add onion, garlic, cumin, cinnamon, cayenne, paprika and mustard powder.

2. Sauté until the onions are tender, about 4 minutes. Add the steak tips and sear, turning to brown, about 3 minutes.

3. Add the broth, wine, tomato paste, juice of 1 lime, and Worcestershire sauce. Bring to a simmer. Add the chicken, then cook for 15 to 20 minutes.

4. Use slotted spoon to transfer the chicken to a cutting board. Shred it and then return to pot.

5. Add the bell peppers, hominy and brown sugar. Simmer, uncovered, for 5 to 6 minutes. Season with salt and pepper, then stir in the juice of the remaining lime and the cilantro.

THE ASSOCIATED PRESS

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp each ground cumin, cinnamon, cayenne pepper, smoked paprika, mustard powder
- 1 lb steak tips, cut into 1-inch chunks
- 1 quart beef broth
- 2 cups red wine
- 6-oz can tomato paste
- Juice of 2 limes, divided
- 1 tbsp Worcestershire sauce
- 2 lbs boneless, skinless chicken breasts, cut into large chunks
- 2 red bell peppers, cored and chopped
- 29-oz can hominy, drained
- 1/4 cup packed brown sugar
- Salt and ground black pepper
- 1/4 cup chopped cilantro

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The In-Credibility Factor

Ray Cao PROVIDED

Name: Ray Cao
City: Toronto
Age: 25
Occupation: Loose Button Luxe Box Founder

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Started an online apparel company but found the market was saturated. Switched to Luxe Box where consumers can sample new beauty products. Thirteen months later, Cao now employs 15 people and his membership base is on track to reach 100,000 people.

I knew I was on my way when... We got one order, then four, then 15. Soon my cellphone was ringing with non-stop orders. Since then we've grown extremely fast. It all started with a simple idea we wanted to test and it grew from there.

Just a few weeks ago we launched into the U.S. We are looking to build a platform where all types of products can be sampled and ordered on a subscription basis. We have some crazy growth plans in play. This is just the beginning.

Action Plan

• You've got to surround yourself with the right people. Ideas change but as long as you have a strong core team they will help you get through the difficult times.

• Fail fast, fail cheap and fail often. You won't get it the first time. Most overnight successes are built over 10 years and people have to realize they don't happen right away

• A lot of first-time entrepreneurs set themselves up for failure and then they give up. Sometimes the extra push makes all the difference. A couple of days could make an incredible difference so never give up.

Tailoring the way we learn to love our land

Guru of green.
Author suggests mixing the emotional with the ecological when teaching environmental education

BRUCE WALSH
Metro World News in Philadelphia

Best-selling author and self-help guru Daniel Goleman is known worldwide for stressing the importance of emotional intelligence in developing one's full potential.

While the term had been around for decades, Goleman's 1995 book, Emotional Intelligence: Why It Can Matter More Than IQ, popularized the concept. Broadly speaking, emotional intelligence is seen by many as an ability to gauge one's own emotions as well as the emotions of others, and to build relationships around this understanding.

Now Goleman is incorporating his environmental passions into his educational philosophy. His latest, Ecoliterate: How Educators Are Incorporating Emotional, Social and Ecological Intelligence, was written in partnership with the Berkeley-based Center for Ecoliteracy.

"In teaching people about ecological issues — whether it's K to 12 or in the university — there's something that happens on an emotional level, and that's fear and anxiety," says co-author Lisa Bennett. "We've pushed nature's systems to the brink in a lot of ways right now, so if you bring emotional intelligence to teaching about ecological issues, you can be a lot more effective."

"Ecoliterate" investigates eight cutting-edge environmental education programs, from Kentucky to Alaska, looking for effective blueprints for this new curriculum. While the book is primarily directed at Kindergarten to Grade 12 teachers, the authors suggest that these programs could be easily adapted for the college level.

"In Dan Goleman's seminal books, he showed how critical emotional and social intelligence is to allowing people to be effective," says Bennett. "We discovered in 'Ecoliterate' that, actually, each form of intelligence is an extension of the other, and eco-intelligence is related to both: It boosts academic achievement, because it's tied to emotional learning, and it develops strength, hope and resilience in students."

You're never too young to start making positive changes for our planet. ISTOCK

Five steps

The Center for Ecoliteracy has outlined five vital practices for teaching environmental studies to Kindergartens to Grade 12 students.

- Developing empathy for all forms of life
- Embracing sustainability as a community practice
- Making the invisible visible
- Anticipating unintended consequences
- Understanding how nature sustains life

In a class that cares

We've pushed nature's systems to the brink in a lot of ways right now, so if you bring emotional intelligence to teaching about ecological issues, you can be a lot more effective.

Ecoliterate co-author Lisa Bennett

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Hoping to enjoy an incredible school year? Join the club!

Guide to the groups.
How to sign up for a social circle most suited to you

RAISHAD HARDNETT
Metro World News in New York

Grades, grades, grades. That can't be all college is about – can it? University professionals suggest that academic growth is only one of the many types of student development in college. Still, for the typical college freshman who first stumbles on to campus and sets his eyes upon the hundreds of students marching around, the idea of finding a suitable extracurricular niche, group or activity can seem daunting.

You can find them in a club! ISTOCK

Take a breath
The short and long-term benefits of joining a club far outweigh the initial anxiety. Here are three expert-approved reasons for becoming involved in a student organization

Networking
According to Hikaru Kozuma, the executive director of the University of Pennsylvania's Office of Student Affairs, one outcome of club involvement is increased professional interaction.

"As part of a student organization, (students) can interact with staff, faculty and other members of the surrounding community to learn how to collaborate and work with others," he says.

This is an especially vital skill, as the U.S. Bureau of Labor Statistics affirms that 70 per cent of jobs are found through networking.

Leadership skills
In addition to socializing with students who have similar interests, Gina D'Annunzio, director of student activities at Temple University, argues that extracurricular involvement also brings a long-term benefit: workplace competencies.

"My student organizations helped me create examples in job interviews for times when I completed a project from start to finish, worked in a team and showed initiative," she says. "Those are things that you can use that are tangible and marketable."

Although some may worry that too much club involvement could take away from a student's focus on scholastic endeavors, D'Annunzio points to an impressive statistic gathered from a 2010 Student Leadership Assessment showing that 98 per cent of actively involved students report that extracurricular participation actually improved their GPAs.

Socialization and belonging
Building the framework for a support group and sense of belonging can be the difference between success and failure. Denise Fitzpatrick, who oversees the Cherry Crusade athletic "fan club" at Temple University, says that she witnesses the students involved in her club not only having fun, but also using their friendships for both personal and academic support.

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SPORTS 4

Penguins star Evgeni Malkin looks on during a IIHF World Championship game between Russia and Sweden in May in Stockholm. Malkin has signed up with KHL team Magnitogorsk. MARTIN ROSE/BONGARTS/GETTY IMAGES FILE

Jaromir Jagr of the Philadelphia Flyers skates against the New York Islanders in March in Uniondale, N.Y. Jagr has agreed to return to the Czech Republic to play for the team Kladno. BRUCE BENNETT/GETTY IMAGES FILE

Some locked-out NHL players Europe-bound

NHL. Reigning MVP Evgeni Malkin among list of those going abroad

Quoted

"The scary part is I think you'll see some of the best players in the game (going over). Let's hope they come back when they're going to get paid the dollars they're going to get paid in some of these leagues to go play now." Calgary Flames forward Mike Cammalleri

With the doors locked shut at NHL arenas, the best hockey players on the planet are turning their focus to a new world of opportunities.

Every player on a NHL roster as of Sunday morning became free to seek other work for the duration of the lockout, and many started doing so immediately. Reigning NHL MVP Evgeni Malkin (Magnitogorsk) and Pavel Datsyuk (Ak Bars) were among those who signed deals to play in the Russian-based KHL while Jaromir Jagr (Kladno) is going to the Czech Republic and Jussi Jokinen (Karpat) inked a deal in Finland.

Teams from Switzerland, Sweden and Germany will come calling as well. Depending on the length of the lockout, it could result in a massive displacement of players throughout the hockey world.

The NHL locked out its players at midnight on Saturday and released a message to fans on its website the following day, saying "this is a time of year for all attention to be focused on the ice, not on a meeting room." Meanwhile, the NHLPA sent out a video montage with players talking about what they'll miss about not playing and ended with the statement: "This is an NHL owners lockout."

Nearly 400 NHL players suited up in 19 different European leagues during the lockout that cancelled the entire 2004-05 season. It was a migration that came with a fair bit of controversy as the NHLers pushed others out of jobs.

The debate has restarted again, but it's unlikely to deter many of the 750 locked-out NHLPA members.

"I'm a hockey player and it's a competitive business," said Pittsburgh Penguins captain Sidney Crosby. "Would I look forward to that opportunity of taking someone's job? No. But at the end of the day I'm a hockey player."

Now in its fifth season, the KHL believes it is in a position to capitalize on the availability of so many elite players. THE CANADIAN PRESS

For the latest news on the NHL lockout, visit metronews.ca/tag/nhl

CFL

Cavillo and Als beat Roughriders

Veteran Anthony Calvillo got the win against a rookie making his first CFL start but the 40-year-old Montreal Alouettes quarterback wasn't crowing about it after the game.

The Alouettes took the lead in the first half and held on for a 28-17 win over Drew Willy and the Saskatchewan Roughriders on a flag-filled afternoon at Percival Molson Stadium on Sunday.

The Alouettes (7-4) moved into first place in the East Division, two points ahead of the Toronto Argonauts, who will visit Montreal next Sunday.

"What I liked is that when we came back into the locker-room guys were excited that we won but they were also upset at the fact that we didn't perform offensively," said Calvillo. "That's a good sign." THE CANADIAN PRESS

NASCAR

Keselowski wins first race of the Chase in Chicago

Brad Keselowski raced to an impressive victory in the opening race of the Chase for the Sprint Cup, outduelling five-time champion Jimmie Johnson at Chicagoland Speedway on Sunday.

Keselowski got ahead of Johnson after a crucial pit cycle with about 35 laps remaining and led the final 26 laps in the 400-mile race, holding on comfortably from there for his first victory in a Chase race. He also takes over the points lead.

It's Keselowski's fourth victory of the season. He leads Johnson by three points. THE ASSOCIATED PRESS

Raonic leads Canada to Davis Cup World Group

Milos Raonic returns a volley against South Africa's Izak van der Merwe in Davis Cup action on Sunday in Montreal. PETER MCCABE/THE CANADIAN PRESS

Two-in-a-row

It marked a second straight year that Canada won its Davis Cup tie to advance to the World Group.

Milos Raonic wanted a dominating win Sunday after what he felt was a lax effort two days earlier.

He did exactly that and in dominant fashion, beating Izak van der Merwe 6-2, 6-2, 6-4 to clinch the Davis Cup best-of-five series over South Africa.

The victory secures Canada's spot in the elite World Group, while South Africa is relegated to zone play.

Raonic was happy he won his opening singles match but wasn't pleased with his performance. With the World Group spot in sight, the 21-year-old from Thornhill, Ont., took to the court hungry to finish on top.

"I came out with more of an accomplished goal, other than winning. I came out, did a lot of things well, played on my terms and did what I wanted to do," he said. "The other day I waited for him to lose to me. Today, I played."

South Africa entered the tie matches down two of its top players. Kevin Anderson didn't travel to Montreal and Rik de Voest was forced to withdraw with a wrist injury.

"We came here wanting to win but unfortunately things didn't work out the way we planned. Obviously Rik getting injured didn't help our cause," South Africa captain John Laffnie de Jager said. "Two of our top guys didn't play. The team that was here did their best."

Raonic got off to a quick start Sunday against van der Merwe, breaking him in the opening game. His renowned serve was once again his strength, as he held serve in each game of the first set. THE CANADIAN PRESS

Mobile sports

Qriket

The NFL removed a replacement official from the New Orleans-Carolina game on Sunday because it discovered he's a Saints fan. Brian Stropolo is from New Orleans and posted several photos of himself in Saints gear on his Facebook page. Scan the code for the story.

NFL. Panthers' ground game shows up to run over Saints' defence

Cam Newton threw for 253 yards and ran for a career-high 71 yards as the Carolina Panthers defeated New Orleans 35-27 on Sunday to hand the Saints their first 0-2 start since 2007.

One week after tying a franchise low with 10 yards rushing in a 16-10 loss to Tampa Bay, the Panthers rediscovered their running game against a porous Saints defence. The Panthers ran for 219 yards and Newton, DeAngelo Williams and Mike Tolbert all scored on short touchdown runs. Steve Smith overcame a sore knee to finish with 104 yards receiving — the 39th 100-yard receiving game of his career — and Jonathan Stewart hauled in a 17-yard touchdown reception for the Panthers (1-1).

The Saints' defence is truly a mess, having surrendered 924 yards and 75 points in two games.

THE ASSOCIATED PRESS

Slow start

The last time the Saints started 0-2 was five years ago, when they finished 7-9 and failed to make the playoffs.

NFL

Bills bounce back from Week 1 loss

Thanks to C.J. Spiller and an opportunistic defence, the Buffalo Bills suddenly didn't look anywhere near as bad on Sunday as they did in their season-opening dud.

The same can't be said for Kansas City, after the Chiefs were even worse in being routed for the second time in two weeks.

Spiller scored twice and finished with 123 yards rushing in a 35-17 win in Buffalo's home opener.

The Bills' defence then did the rest Sunday. Kyle Williams had two of the team's five sacks, and Buffalo forced three turnovers.

THE ASSOCIATED PRESS

Hits keep coming for Vizquel in Jays' shutout of Red Sox

Dustin Pedroia of the Boston Red Sox attempts to turn a double play as Toronto Blue Jay Moises Sierra slides into second base on Sunday in Toronto. The Jays won 5-0. CLAUS ANDERSEN/GETTY IMAGES

MLB. 45-year-old moves into tie for 42nd on all-time hit list; Hechavarria blasts two-run home run

As Omar Vizquel winds down his career, it seems like he reaches a milestone with each hit.

It also helps when they win games, as well.

The 45-year-old hit a two-out single in the seventh inning against left-hander Jon Lester to break a scoreless tie and the Toronto Blue Jays went on to beat the Boston Red Sox 5-0 on Sunday.

The single was Vizquel's second hit of the game and tied him with Jesse Burkett for 42nd on the all-time list with 2,872.

The single was followed by a two-run homer by Adeiny Hechavarria, his second as a major-leaguer. The Blue Jays added two in the eighth in front of 21,698 fans at Rogers Centre.

Vizquel's next hit ties him with Babe Ruth and it could come at Yankee Stadium where the Blue Jays open a three-game series against New York on Tuesday.

Blue Jays manager John Farrell said Vizquel will get the chance. "I'd be crazy not to," he said. "Given today's performance with two more hits. For him to tie if possible in New York will be very fitting.

THE CANADIAN PRESS

Buffalo bound

Farm club on the move

The Blue Jays are expected to pull their Triple-A farm club out of Las Vegas this off-season and bring it east to Buffalo.

An announcement on the move could come as soon as Tuesday.

Buffalo is home to the Bisons and a wonderful downtown park called Coca-Cola Field, which has hosted the New York Mets' top farm club the past two seasons.

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Horoscopes

♈ Aries
March 21 - April 20
There may be times when you find it hard to smile but you can find a reason if you look hard enough. What is it that makes your life worth living? What is it that inspires you the most? So do it.

♉ Taurus
April 21 - May 21
Some people may be a bit of a pain but if you stay calm and do what is expected of you then by the end of the week your name will be up in lights. Help others now and they will help you later.

♊ Gemini
May 22 - June 21
Stay on good terms with colleagues over the next few days, because if you fall out now you may regret it later. By the time the Sun moves in your favour again on the 22nd you'll all be friends again.

♋ Cancer
June 22 - July 23
No matter how difficult it might be to find a solution to a complex personal problem, if you give it some thought today you will come up with something that does the trick. You're pretty good at problem solving.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Neptune link will force you to recognize certain truths that have always been there but which you have contrived to ignore. Start by realizing that a so-called friend is nothing of the sort.

♍ Virgo
Aug. 24 - Sept. 23
Don't waste time thinking about what might have been. What's done is done and cannot be undone and the sooner you accept that, the sooner you can move on. There is still so much you can accomplish.

♎ Libra
Sept. 24 - Oct. 23
Your past efforts will be fully rewarded, though maybe not immediately. The Sun's move into your sign on the 22nd marks the start of a new solar year — that's when your luck is most likely to change.

♏ Scorpio
Oct. 24 - Nov. 22
You need to push your emotions to one side and do what has to be done. Certain people may not thank you for it now but they will realize later on that you were doing it entirely for their own good.

♐ Sagittarius
Nov. 23 - Dec. 21
Because you are such a can-do person you are always helping other people, but over the next few days your time will be limited, so only help those who truly deserve it. That's probably not very many.

♑ Capricorn
Dec. 22 - Jan. 20
You will be called upon to make sacrifices over the next seven days, but don't think of it as a chore. Make an effort for other people now and they will make an even bigger effort for you later on.

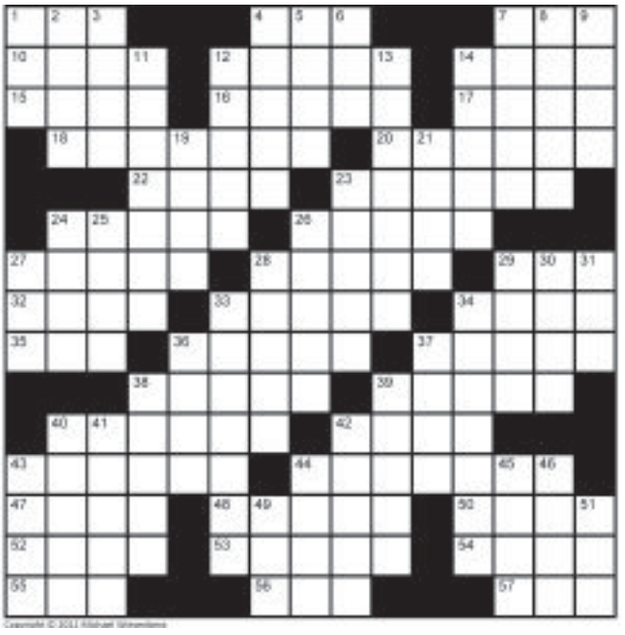
♒ Aquarius
Jan. 21 - Feb. 19
You are both hard-working and socially responsible and that's a combination that is hard to beat. It's also a combination that will get you noticed over the next few days, and maybe promoted. You deserve it.

♓ Pisces
Feb. 20 - March 20
If you find it hard to adopt a positive attitude towards negative people today then maybe you should remove yourself from their presence for a while. If they think they might lose you their attitude will change.

SALLY BROMPTON

Crossword: Some of This and Some of That

BY MICHAEL WIESENBERG



Across
1. PC maker
4. Attractive leg, slangily
7. Mu ___ pork: Chinese dish
10. Alone, as at a dance
12. Blocks for young builders
14. Ark units
15. Kitty's contented croon
16. Some Yukon natives
17. Longings
18. Symbol of regal power
20. National Park north of Banff National Park
22. "... golden days of ___": past time
23. Automatons
24. " ___ bleu!": mild French oath
26. Montréal singer-poet Leonard most known for "Suzanne"
27. Louisianian, a word that's from "Acadian"
28. ___ Mrs. Smith: 2005 Angelina Jolie, Brad Pitt film (2 wds.)
29. "I can't ___ thing with my hair!" (2 wds.)
32. Take ___: sleep briefly (2 wds.)
33. Years and years
34. Corn holders
35. Tyrannosaurus ___
36. Caramel-topped desserts
37. Seeps
38. BC-born pop singer Michael
39. Common trashcan site
40. Calgary team
42. Group of three
43. The longest river in BC, it has its mouth at Vancouver
44. Knight suits
47. Fail at poker
48. Quintessential Canadian cap
50. Some TVs
52. "Beware the ___ of March": Julius Caesar
53. As stubborn as ___ (2 wds.)
54. Censor's target
55. Craggy hilltop
56. Earnings
57. Tissue box word

Down
1. AOL or MSN
2. A/C capacity measures
3. Antony who eulogized Caesar
4. Mystery or romance
5. Chills and fever fit
6. Me: Fr.
7. Cleaned out, as a chimney
8. Sharpens, as a knife
9. Soviet Union
11. CFL championship game (2 wds.)
12. Gasoline unit
13. NL capital (2 wds.)
14. Victoria-born writer Ian of "Four Strong Winds"
19. Censor's target
21. Laid up
23. Brownish horses
24. Of sound mind
25. "Cleans like a white tornado" product
26. Witch
27. Windsor, Ontario product
28. Banquets
29. Catch 40 winks
30. Heed
31. Donkey
33. 20-Across's province
34. Palette contents
36. Be extremely furious
37. Dish with some of this and some of that
38. Bottoms
39. Fighting force: Fr.
40. The Lord of the Rings ringbearer
41. CD beam
42. "Yours ___": letter closing
43. Dart here and there
44. Shade of blue
45. Canadian force
46. David's biblical predecessor
49. Ref
51. Pig pen

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			7			4		
8	3						5	
		2			1		3	
	1	9	6	5			7	
5								4
	7			1	2	5	9	
	4		9			8		
	6						2	9
		3			8			

Friday's Sudoku

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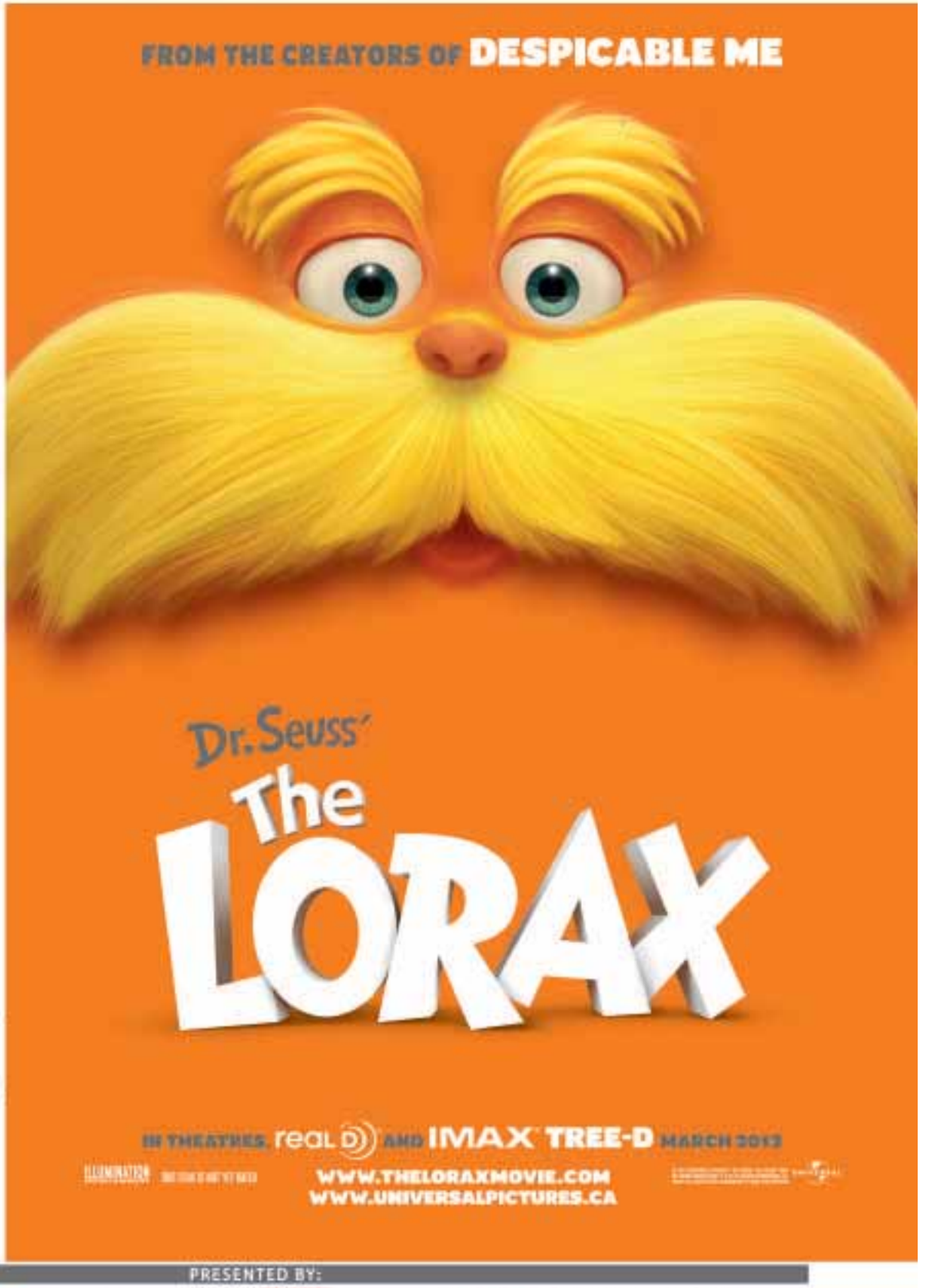

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